

6-15-1900

The Vegetarian Magazine June 1900

The Vegetarian Magazine

Rena Michaels Atchison Ph. D.
The Vegetarian Magazine

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>



Part of the [Food Science Commons](#), and the [United States History Commons](#)

Recommended Citation

The Vegetarian Magazine and Atchison, Rena Michaels Ph. D., "The Vegetarian Magazine June 1900" (1900). 1890-1909. 71.
<https://knowledge.e.southern.edu/foodiesguide-1890/71>

This Book is brought to you for free and open access by the The Foodies' Guide to Vegetarian Cookery in 19th Century America at KnowledgeExchange@Southern. It has been accepted for inclusion in 1890-1909 by an authorized administrator of KnowledgeExchange@Southern. For more information, please contact jspears@southern.edu.

We manufacture nearly a score of different nut foods. All our products are carefully and scientifically made.

Bromose, the Food that is all Food, contains three and one half times the nutritive value of flesh food.

Nut Butter is delicious and toothsome, — always sweet.

Protose, or Vegetable Meat, tastes like meat, looks like meat, has the flavor of meat, can be served as meat.

Glara Barton Endorses Sanitas Nut Foods

SANITAS NUT FOOD CO.,

Battle Creek, Mich.,

Gentlemen:—Although not accustomed to subscribing my name in support of any manufactured product, I gladly do so in this instance.

Your nut products are choice, appetizing, wholesome foods, very pleasant to the palate, and exceedingly rich in nutritive and sustaining properties. Bromose and Nut Butter particularly are ideal foods.

Very truly yours

Glara Barton.

Our foods are served at the Health Food Restaurant, 178 Wabash Ave., Chicago, Ill.

Booklet on Nut Foods Free.
Assorted Samples 25 Cts.

Sanitas Nut Food Co., Battle Creek, Mich.

LOOK! READ!

and then drop us a postal for our

Free Health Food Book

which tells all about 25 delicious health-building and strength-giving foods, such as GRANOLA, GRANOSE, NUT SHORTENED CRACKERS, DIABETIC FOODS, ETC., all ready for use and prepared in the most wholesome and tempting form. You want this book and will have it if you send your name; at the same time send your grocer's name and we will send you a sample of our Nut Shortened Sticks free.

Battle Creek San. Health Food Co.
BATTLE CREEK, MICH.

Mention the Vegetarian.

ADAM ❖ HESIOD ❖ GAVTAMA ❖ ISAIAH ❖ DANIEL ❖ PLATO ❖

The Vegetarian Magazine

ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH ❖



Vol. IV.

No. 9

June 15, 1900

CONTENTS

Portraits: Eustace H. Miles, M. A.
Mr. Latham.

—Frontispiece.	3
Muscle, Brain and Diet	5
Winner of Many Honors	6
Discussion on Vegetarianism	10
Diet as a Cause of Suicide	11
"As Others See Us"	12
Beauty and Vegetarianism	13
Flesh Eating in Japan	13
Vegetarian Restaurants	13
The Lean Meat Diet	13
Vegetarian Boarding	14
Broken Hearted Animals	14
Science in the Daily Meal	14
Protose Recipes	16
Pine Apple Desserts	16
Vegetarian Church	18
Arbor Day	18
Speculations	18
Origin of Pests	18
Poultry Killing	18

POPE ❖ SWEDENBORG ❖ VOLTAIRE ❖ FRANKLIN ❖ WESLEY ❖

An Illustrated Magazine of Better Living—An Authority on Foods, their Selection and Preparation
Discountenances the Use of Flesh, Fish and Fowl for Food—Upholds the Right to Life for the Whole
Sentient World—Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance—Stands for
a Stronger Body, a Healthier Mentality, a Higher Morality—Literature of the XXth Century Home
Published Monthly by The Vegetarian Company—Chicago—\$1.00 the Year—Ten Cents the Copy

LINNÆVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

Protose.

Every vegetarian housewife should keep in store this most delicious of the prepared nut foods. It lends itself to so many forms of preparation, is always so relished even by flesh-eating sinners, that to anyone who has once used it it becomes the sine qua non of vegetarian cookery.

Protose Croquettes.

Delicious croquettes can be made by adding to each cup of finely minced protose, minced onion or celery, and parsley, one tablespoonful strained and stewed tomato, a little salt, one cupful granose flakes or shredded wheat biscuit crumbs, and one egg. Form in croquettes, roll in egg and granose or shredded wheat crumbs, bake in oiled or buttered pan ten or fifteen minutes, according to heat of oven. Serve hot in a nest of fresh parsley.

Protose Sausage.

If people must have something called sausage use the above mixture, increasing the proportion of protose and for seasoning using onion and sweet herbs to taste. Mold like sausage, brown in oven and serve with garnish of parsley.

Protose Hash.

An appetizing hash can be made by adding to each cupful of minced protose, in a cupful minced boiled or baked potatoes a little minced onion, salt to taste, mix thoroughly, moisten with boiling water, cook in stew pan, or better brown in oven twenty minutes, in dish in which it is served. Serve with tiny sprigs of parsley scattered over the top.

Protose Roast.

A protose roast can be made by adding to each cup of minced protose one cup of granose flakes or shredded wheat

crumbs, minced onion, browned in butter, sweet herbs according to taste (a little of the powdered mixture of summer savory, sweet marjoram and thyme is delicious) and one egg well beaten. Moisten while baking with nut cream, or hot water. Serve with tomatoes or brown gravy, to which may be added minced mushrooms. This roast can be served cold cut in slices, like veal loaf, and is so far superior to that carnivorous dish that you may convert sinners from their errors of diet by serving them with this delicious article for picnic dinners.

Protose Salad.

Protose is delicious in salads, can be sliced and broiled, can be used in baked beans; in fact, can be used in so many ways that it is named in one household protean protose, and in fact it assumes as many different characters as Proteus himself.

Banana Salad.

A banana salad is "a thing of beauty and a joy forever." On a crisp green lettuce leaf, place the banana cut in pieces lengthwise, an inch and a half long; cover with cream dressing delicately sweetened. If you do not make your own salad dressing add sweet cream to the prepared dressings and sweeten. Sprinkle a teaspoonful of finely broken or chopped hickory nuts over the top and dot with tiny sprigs of fresh parsley.

Pine Apple Dessert.

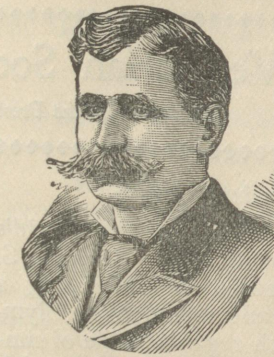
To two cups of boiling water add the juice of one lemon, the juice from one can of sliced pineapple (strained) and one cup of sugar. Moisten three tablespoonfuls of Ricena with cold water; stir into the boiling water and cook three or four minutes, or until transparent. Set aside to cool. Shred the pineapple very fine,

and add to the Ricena when cold, whipping it in thoroughly. Set in cool place until time to serve. Serve with whipped cream delicately sweetened and flavored with orange.

Peel and cut once, if large, roll in lemon juice, dust with granulated sugar, roll in shredded wheat crumbs, and bake on buttered tin until delicately browned. Serve hot.

Tapioca Consomme.

Boil one heaping tablespoonful of pearl tapioca until transparent, immediately wash in cold water, strain and put in the tureen with one quart of plain consomme.



To Repair
Broken Articles
use

Major's
Cement

Remember
MAJOR'S
RUBBER
CEMENT,
MAJOR'S
LEATHER
CEMENT.

Statistics show that there are over
8,000,000 SICK PEOPLE
in the United States! They would be
ALL HEALTHY AND HAPPY!
if they followed instructions in our Health Literature and used
our Hygienic Specialties. Literature **FREE!** Send for it.
St. Louis Institute of Health Culture, St. Louis, Mo.

WAHL'S BOUILLON STOCK

IS A PURELY VEGETABLE EXTRACT.

ONE THOUSAND DOLLARS will be paid to whomsoever can show that it contains anything coming from an animal source.

WAHL'S BOUILLON CONCENTRATER also purely vegetable, is something new, it will interest you.

Write for **Free Sample**, descriptive booklet and recipes for making bouillons, soups, gravies, dressings, stews, etc. Shipped direct to consumers where grocers do not handle it.

THE BOUILLON STOCK MFG. CO.

FACTORY AND OFFICE:

335-337-339-341 Larrabee St., CHICAGO.



INDIA REFINING CO., Sole Mfrs.
PHILADELPHIA, PA.

For Vegetarians, Epicures,
Dyspeptics . . .

A PURE STERILIZED VEGETABLE FAT from the Cocoanut, for Shortening and Frying. Entirely free from animal or any foreign matter. Positively healthy. 3 lb. can 45c; 5 lb. 75c; 10 lb. \$1.50. To save freight better order in quantity—case of 60 lbs. \$9.00. Safe to order in quantity because Ko-Nut is so pure that it will not get rancid nor stale, no matter how long it is kept.

For Sale in Chicago at Office of
The Vegetarian Co., 82 Madison St.

WANTED—HELP.

A lady or gentleman, girl or boy for house work, by the day, half day, or week; a vegetarian.

MRS. LEFAVRE,

4047 Grand Boulevard, Chicago.
Tel. 710 Oakland.

A Delightful Vegetarian Home

in a beautiful country spot, 35 minutes ride in steam cars from center of city. Price \$6.00.

Address,
Lock Box 6, Franklin Park, Ill.